

AATC: Lohan Qigong II

Lohan Greeting

Step forward with left foot, follow with right for feet together, clasp fist and bow from the waist in greeting

Warrior Subdues Tiger

Bring hands up and over the chest, press down and separate the hands to the side. Push down legs as arms come upwards, cross hands, palms upwards, palms down as hands lowered to sides.

Lohan in Meditation

Stretch hands out to side and above head in prayer, lowering the hands down to the chest. Palms touch over head, body upright.

Golden Eagle Spreads Wings

Palms come down and in towards sides, turn wrists and bring arms back and then out to side and front of body, ending at shoulder height and forward.

Warrior Squats Horse

Drop down into half squat, lower hands flick palms over, forming fists and pull in to side of waist. Bend knees, body upright.

Step Out to Horse Stance

Shifting weight, step out to left, then to right and lower body down as if seated on horse. [Traditional martial art horse stance]

1. Dragon Seeks Pearl

Left arm first, then right, alternating three times. Pull hand back, open palm as if holding glass of water, twisting and drawing hand out to side, raise and swing over head, reach out to front and draw it back to side of body forming fist again. [Imagine holding glass of water without spilling]

2. Double Dragon Frolics In Cloud

Same as above, except both hands together. [Imagine holding two glasses of water without spilling]

3. Lohan Chops Wood

Scoop with both palms draw overhead, lower body down and chop, twist and turn to other side, and chop. | Young monk picks up axe and splits log |

4. Lohan Washes Clothes

One arm in circular motion, clockwise direction three times, other behind back; lift knee and fist pounding on palm. Eyes follow rotation of arm. [Washing clothing along riverbank, swirling wash, pick up wash and smash on rocks, then swirling]

5. Lohan Reclines on Pillow

Swing arms in circular motion three times and hold to side, separate hands and spread to side, shift weight while stretching out and hold. [Similar to Shibashi X movement but more active and extended]

6. Lohan Sweeps Floor

Rotate arms in circular motion while stepping sideways, shift weight as both pals to one side, rotate arms again to other side. [Similar to cloud hands in tai chi set, with three step movement, then back]

7. Push & Stomp

Again both arms in circular motion; rotate palm as body rotates, strike one leg to the back of the other as hands punch out to strike. (Monk in dance, avoid striking legs if varicose veins)

8. Plant Incense In Urn

In horse stance, both arms together circle and reach out, and palms together as hands come up, reach up with hands together in prayer; reach out and back to pick up incense stick, then squat down with hands in position to plant in urn. Alternate sides.

9. Draw Whip in Horse Stance

Step in and form hook, draw other hand across body as stepping out, and in horse stance push out; alternate sides. [Single whip in horse stance, front hand in block, rear in hook]

10. Lohan Bends Bow

In horse riding stance, both arms gather, separate and lift three times, on third form fists with head looking to one side; then lift hands toward head and out again as if to pull bow, squatting and stretching, one palm goes out. Alternate sides. [Warrior lifting bow, stretching bow]

11. Lifting the Shen

Horse riding stance, both hands together: start hands at waist, slowly ease down and form fists at side of body and pull somewhat back, push out and lift, palms up, pushing out and stretching. Rotate palms and lower to sides of body. [Resembles spiralling lotus, visualise reaching to the heavens]

Closing

From lifted position, slowly lower, brushing energy down, step in and gently press down to close. Then step back, bend at the waist to salute.